



# Futures News

## Summer 2023

[hillcrest.org.uk/futures](https://hillcrest.org.uk/futures)



# Welcome

## Hello and welcome to the summer edition of Futures News for 2023.

It has been another busy time for our services and the individuals we support. As you will see in this newsletter, our staff have gone above and beyond to assist people to live their lives to the fullest and create great memories. Despite the current financial climate, our staff continue to go the extra mile for the people we support. Thank you all.

Futures News is distributed to a wide range of people throughout Scotland, and is your opportunity to let them know what is going on in your service. If you would like to contribute to future editions, please let a member of staff know and they will help you. For our wonderful staff, do you want the opportunity to showcase the fantastic work you do? If so, then please get in touch.

Thank you to everyone who has contributed to this edition of Futures News, it is heart-warming to hear of some of the positive work happening in our services.

I hope you enjoy reading our summer edition of Futures News.

**Joy Dunlop**  
Managing Director, Hillcrest Futures





# Cameron's 21st birthday in Edinburgh

**Cameron from our Alexander Street service in Dundee celebrated his 21st birthday with a day out in Edinburgh.**

He and his support workers travelled to the city by train where they saw street artists, including comedians, magicians and singers, perform during the Fringe. They then stopped for a buffet lunch at Cosmo.

In the afternoon, Cameron enjoyed looking around Edinburgh's many shops and buying new clothes. He then went on a tour around the Edinburgh Dungeon where he learnt a lot about Scottish history.

To finish his birthday day out, Cameron had a meal with staff at the Hard Rock Café, and headed up the esplanade for the Royal Edinburgh Military Tattoo in the evening.

Speaking about his day, Cameron said:

**"I really enjoyed the Military Tattoo. My favourite part was the New Zealanders doing the Haka, a ceremonial dance."**



# A chair fit for a queen

**Since moving into her new home at our Lismore Terrace support service, Carol has been looking to purchase a comfy chair that she can relax in.**

To help her find the perfect chair, her support worker Lewis started doing some research.

Lewis had a look at various options, and found Seating Matters, a company which creates clinical, therapeutic seating providing comfort, postural support and pressure management.

He talked Carol through all of the items and add-on parts available to create a chair unique to her measurements. Carol had a trial of the chair and loved it, so decided to get a chair tailored to her and chose to have it made in red leather.

After the measurements were carried out, the details were sent to the workshop. Carol was excited throughout the process and was keen for her chair to be delivered so she could try it out.

Carol has now received her comfy chair and is very pleased with it as it fits her perfectly. She enjoys sitting in her seat to watch her favourite films, and is regularly laughing with her support staff about how the chair resembles a royal throne!







## World Autism Acceptance Week

**World Autism Acceptance Week is a global campaign which takes place every year during the last week of March.**

The campaign aims to help more people understand what autism is, as well as the ways it can affect life for people with autism. Each year has a different theme, and this year the theme was 'colour'.

To mark the week, our Student Support service hosted a stall in Dundee and Angus College's Gardyne Campus to raise awareness around autism. The colourful stall contained leaflets about the support the service offers, an autism 'true or false' quiz, written quotes from students about how their autism affects them, as well as information around the service's National Autistic Society (NAS) Autism Accreditation.

A showcase event was held in the V&A Dundee to further raise awareness of autism. Over 50 people attended including Hillcrest's Chief Executive Angela Linton, Director of Corporate Services Lesley Don, staff from across Hillcrest Futures, the people they support, as well as their families.

The event consisted of a variety of stalls and activities that celebrated the work from a range of our services including Student Support, Alexander Street, Birkdale, River Street and Riverview.

Meanwhile, people supported by our Millview, Pitkerro, Canning Place and Rockwell Place services got together with staff and their families to walk for World Autism Acceptance Week.

They walked from Magdalen Green to the V&A in Dundee to help raise awareness for autism. Some of the group painted their faces, wore bright colours, and decorated their wheelchairs and walkers to celebrate everybody's uniqueness.







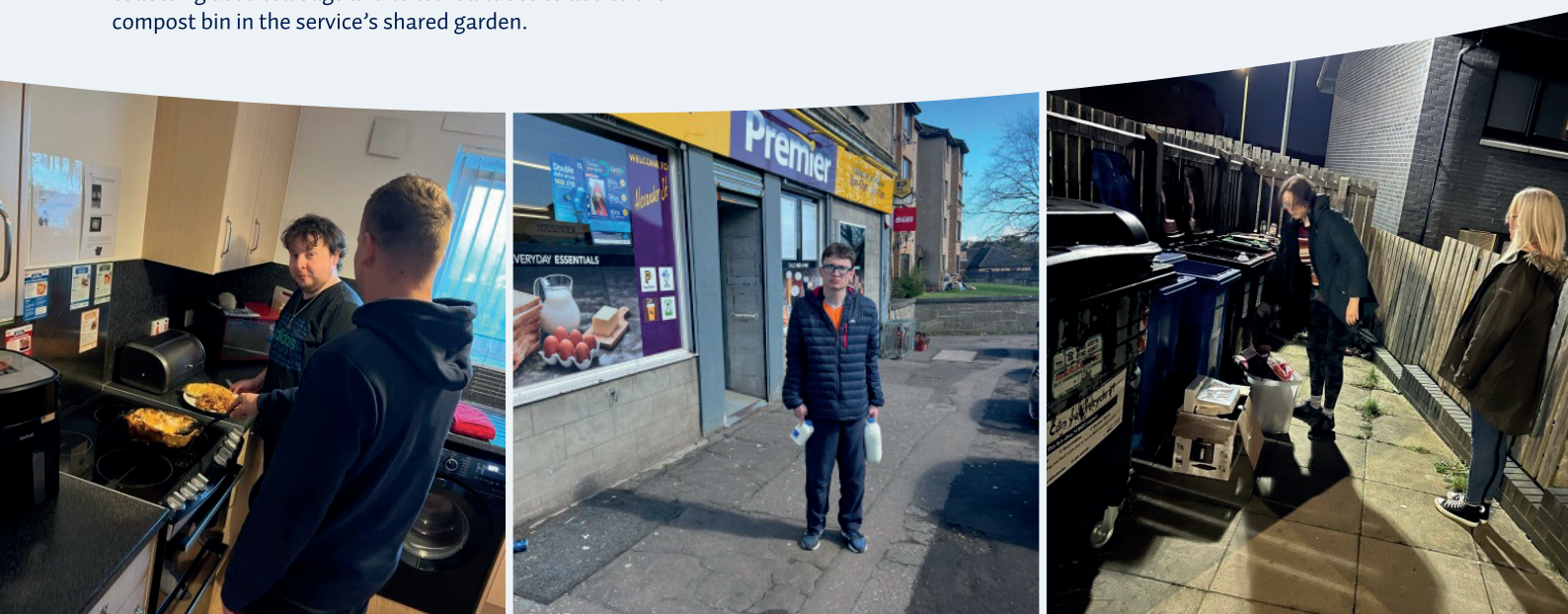
# Supporting people to achieve their goals

Staff from our Alexander Street service in Dundee have been working with the people they support to help them gain more independence and achieve their personal goals.

This includes supporting Daniel with his goals of eating healthier. Alongside his keyworker Mitchell, Daniel made a lasagne from scratch, and made use of his new air fryer to make some garlic bread. Daniel said the meal was “banging” and was glad he had leftovers to freeze for another time.

Meanwhile, Rebekah has been supported by staff to take on additional leadership duties at the service. She enjoys recycling within her own flat, so decided to start helping out with the recycling for the whole building. She has particularly enjoyed collecting used tea bags and toilet roll tubes to add to the compost bin in the service’s shared garden.

Aaron was very keen to follow in the steps of his neighbours to gain more independence by travelling to his local shop. Aaron worked with keyworker Mitchell to plan and create a staged outcome plan for this. Aaron was supported to go to the shop to take photos of his journey to create a visual plan on his whiteboard. Aaron has excelled with this and has been keeping all of his neighbours and staff updated on how he is progressing.



## Learning to play the trombone

Rebekah, who is supported by our Alexander Street service in Dundee, has recently been having a range of music lessons including keyboard, trombone and singing.

A few months ago, Rebekah played her trombone at a concert in the Hillbank Church. She really enjoyed this and wants to keep practising for the next concert. She commented:

**“Music really lifts my mood and is a great help for my mental health.”**





## Hillcrest Futures moves award-winning services to new location

**We have relocated vital services to our newly redeveloped South Ward Road building from our former Cairn Centre premises in Dundee.**

The new facility will provide a range of services to support people with their wellbeing, including harm reduction and recovery services for people whose lives are affected by substance use.

Our award-winning Harm Reduction service is run in partnership with NHS Tayside and offers integrated care and support to people to help reduce drug-related deaths and blood-borne viruses. The Peer Naloxone project has helped to provide overdose prevention training to people in the community and distributed hundreds of life-saving naloxone kits.

The Harm Reduction service's role in the 'Eradicating Hep C' research contributed to effectively eradicating Hepatitis C in people who inject drugs in Tayside, a world-first achievement that has helped offer better treatment and support to people with Hepatitis C.

Angela Linton, Hillcrest chief executive, added: "We took the decision to redevelop our South Ward Road building as it was no longer fit for purpose and have relocated our award-winning

services that were previously sited in the Cairn Centre.

The newly renovated and modernised building will provide the ideal work environment for Hillcrest Futures to continue supporting vulnerable people, their families and carers through one-to-one and group sessions.

**"In addition, a wellbeing café will run weekly - supported by peer volunteers - offering the opportunity for people to come along, get something to eat and socialise with others. The centre will offer a place for people in recovery to give something back to help others who may also be struggling."**



# A day at the zoo

Recently a group of people supported by our Alexander Street service in Dundee had a fun day out to Camperdown Wildlife Centre.

Tania, Shauna and Rebekah enjoyed lunch together before heading to the zoo where they met Carol and Michael. Everyone had a great time seeing the animals and learning more about them.



# New recruits at Past Present Futures

Our boutique charity shop recently recruited a new volunteer, Irene, to help in the shop.

Past Present Futures is located in Broughty Ferry and sells a range of high quality, affordable clothing, hand bags, shoes and more to raise money for Hillcrest Futures.

Irene commented: "I love working in the shop and wanted to volunteer after a few visits as I thought it was the best charity shop ever and a very worthwhile cause."

We have also recruited a Retail Volunteer Coordinator, Sergio Soave, to help develop our volunteering opportunities within our retail fundraising activities. Sergio has volunteered in Past Present Futures for the past two and a half years and is delighted with his new role. He looks forward to new and exciting projects to come.

One of which will be the return of Past Present Futures' fashion show. Last November, the shop held its first fashion show which raised £2,618 for Hillcrest Futures. The 'Putting on the Glitz' event was held in Woodlands Hotel in Broughty Ferry and had over 100 guests in attendance.

Attendees were treated to a pop-up shop consisting of the latest donated stock from Past Present Futures, as well as a variety of entertainment including a runway show, live music from singer Brooke Coventry, and a raffle full of fantastic prizes.

To find out more about the shop, drop in between 10am-4pm on Monday to Saturday at 104 Gray Street, Broughty Ferry and follow the shop on social media.

Facebook: [www.facebook.com/PastPresentFutures](https://www.facebook.com/PastPresentFutures)

Instagram: @HillcrestBoutique





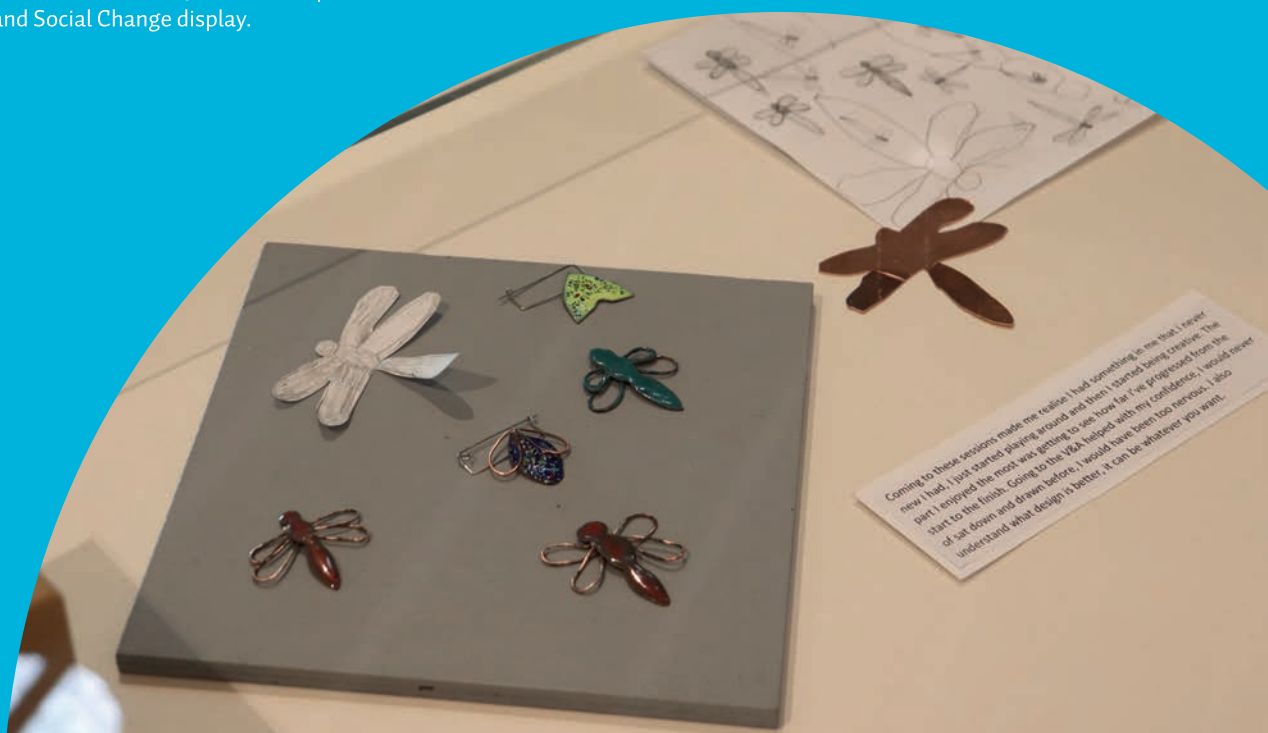


# Local jewellery designer works with Hillcrest Futures to help people on their path to recovery

In December, Stephanie Graham from Dundee-based Natla Jewellery Studio held workshops with people supported by Hillcrest Futures to create a range of crafts and jewellery.

Stephanie worked closely with the people at our Dundee Futures Project service, who have lived experience of substance use and/or poor mental health, to help rebuild their sense of achievement and confidence.

The finished pieces were exhibited at V&A Dundee as part of its Craft, Identity and Social Change display.





# Reunited at Longfield Drive

Carin and Aileen have lived together for over 20 years at our Tullideph service. Recently Carin became unwell and had to spend a bit of time in Ninewells Hospital.

During this period, it was decided that the home the pair shared was no longer suitable for them.

To ensure they could continue living together, an available ground floor flat was identified within our new Longfield Drive service. Both families made sure the two ladies moved in together at the same time and day.

It was clear to see that Carin and Aileen had missed each other and were glad to be reunited. Hopefully the move ensures that they can live together as long as possible.



# Happy birthday Katie!

Katie from our Millview service in Dundee turned 69 in January, and celebrated the day with her neighbour Sam and support staff.

She had a great time opening her gifts and enjoyed a lovely meal at Frankie and Benny's. Katie's favourite things are coffee and cake, so was delighted at her birthday cake which combined the two!







## Holidaying in Blackpool

**Michael, Carol, Shauna and Aaron from our Alexander Street and Lismore Terrace services enjoyed a fun-filled trip to Blackpool.**

Joined by their support staff Rosie, Mitchell, Lisa and Esther, they visited a wide range of attractions.

They first stopped off at Madame Tussauds Blackpool, where they saw some of their favourite idols including soap stars and pop stars. They then visited SEA LIFE Blackpool and saw lots of different fish and sea creatures.

The next stop was Blackpool Pleasure Beach, which was Aaron's highlight of the holiday as he loved going on the rollercoasters with Rosie. The group then visited the circus in Blackpool Tower where everyone enjoyed the show, especially the acrobats. Everyone had a fantastic time together and they look forward to their next holiday.





# The Hub goes to the opera!

In March, a group of 15 people from our Edinburgh Resource Hub attended the Access performance of the Scottish Opera at the Festival Theatre in Edinburgh thanks to funding they received from the Hillcrest Foundation.

The group, which was made up of opera enthusiasts as well as beginners, watched a fully staged version of 'Gianni Schicchi', part of Puccini's 'Il trittico'. The Access performance was created for audiences who enjoy a more relaxed opera experience, with extra staff on hand to help and a smaller capacity to allow everyone space.

Everyone thoroughly enjoyed the performance and only had positive feedback to give.



## Botanic Garden

Carol, Michael and Tania from our Lismore Terrace support service recently enjoyed a trip to the University of Dundee Botanic Garden.

They enjoyed lunch at the café and then had a look at the scenery around the gardens. They particularly enjoyed looking at the fish in the pond.







# Community mosaic showcases Dundee's past, present and future

**A Dundee-based community group has collaborated with a local artist to help people develop their skills and connect with others through art.**

Dundee Futures Project, run by Hillcrest Futures, works with people who would like to increase their confidence, meet new people, learn skills and improve their physical and mental wellbeing. They do this by offering one-to-one support and delivering activities such as cooking, art and walking groups.

Over the past few months, a few members of the Project have worked closely with community artist Pamie Bennett to create a colourful piece of artwork to represent their hometown of Dundee.

Niamh Kelly, Dundee Futures Project Worker explains:

**“Last year, we began an art project designed to be challenging and engaging, with an end product that we could be proud of. When we first met, we sat with a large piece of blank paper in front of us and started the process of deciding what we could do. After lots of discussions and sketching out ideas, we chose to make a paper mosaic of the Dundee skyline to represent the city's past, present and future.**

**“We collected magazines, photographs, various textures and colours, then layered the pieces to make shapes and arranged them into something new. We chose landmark buildings, features and icons that symbolise Dundee and we individually worked on these sections.**

**“We wanted the mosaic to reflect the changes Dundee has undergone and continues to undergo. We divided the piece into three sections, past, present and future, and chose a colour palette**

**that described the environmental and social experiences of each time period, moving from sepias and greys reminiscent of Dundee's industrial past, overcrowded living conditions and poverty, to iridescent, neon colours of hope for a better, brighter future Dundee for us all.**

**“We are really proud of the finished mosaic, and would like to thank Pamie for all of her support and encouragement throughout the project. Everyone in the group showed great teamwork and it is extremely rewarding to see everyone's confidence and skills grow.”**

A participant of the art project commented:

**“Looking at the finished mosaic and how good it looks, it's hard to remember how I doubted myself. Being part of this project has given me skills that I can take away including confidence, the ability to speak to people and being able to function as a human being again.”**

Dundee Futures Project is based in Hilltown and supports anyone over the age of 16 to develop skills, meet new people and experience a range of recreational, educational and social opportunities.

To find out more call 01382 225100 or email [thelearningplace@hillcrestfutures.org.uk](mailto:thelearningplace@hillcrestfutures.org.uk).



# Easter festivities enjoyed by all at North Grimsby

People supported by our North Grimsby service in Arbroath enjoyed taking part in a range of Easter-themed activities with staff.

This included decorating Easter eggs, an egg rolling race (with prizes of course!), tennis and hula hooping, along with an impromptu dancing contest!

A great day was had by all enjoying each other's company, cups of tea and of course, lots of chocolate eggs.



## A message from Ali

Ali is supported by our David Street Outreach service in Broughty Ferry.

He is very pleased with the support he receives from staff and asked to include a testimonial in our newsletter. He said:

**“My visits from staff are so important to me because I get to see a familiar face and have a good chat. During these visits, staff help me with my medication every morning and evening, as well as supporting me socially and with cleaning. These visits are going really well, and I have the utmost respect for all the staff. They have and continue to help me and I have nothing but praise for them all.”**

Ali (left) with his support worker, Mark







## Q&A with Stacey

**Stacey from our Pitkerro Court service in Dundee has enjoyed the groups at our Activities Hub for many years.**

Her favourite activity is cooking, especially baking cakes. Recently Stacey was given the opportunity to become a volunteer to help others enjoy the groups at the Hub. We caught up with Stacey to ask her how she feels about her new role.

### **What do you think of your new role?**

To sum it up in one word – marvellous.

### **How has it made a difference in your life?**

It has changed my life. It's making me a better person and I'm learning new things.

### **What's the best thing about it?**

The best part is helping other people. It lets them enjoy things more and makes me feel good when something I've done makes someone else happy.

### **Is there anything else you'd like to say?**

I look forward to getting up and having my days occupied with positive things. I really enjoy helping other people and still get to enjoy the groups myself.

The Hub gives people with support needs access to a wide range of creative and life-enhancing workshops and group activities. This includes dance classes, cooking, ukulele, arts and crafts, and more!

To find out more, follow the Hub on Facebook at:

**[www.facebook.com/HFActivitiesHub](https://www.facebook.com/HFActivitiesHub)**





# Caring for Millie at Millview

**Laura moved into our Millview service in Dundee earlier this year and has been settling in well.**

She has taken a real shine to Millie, Millview's Joy for All Companion Pet cat. Laura gets hours of enjoyment chatting to and caring for Millie, and recently bought a new comfy cat bed and brush to keep Millie looking nice.

Joy for All Companion Pets are interactive toy animals, designed to bring comfort and companionship to their owners. These 'pets' help alleviate social isolation and loneliness by delivering joy, fun and happiness to improve quality of life.



# St Patrick's Day Celebrations

**In March, Sam from our Dundee-based Millview service had a great time getting into the St Patrick's Day spirit with support staff Carole, Aileen and Danielle.**

The four of them wore green outfits and waved Irish flags. They had Irish music on throughout, and decorated cupcakes. They then enjoyed a meal of sausage, mash and cabbage, and had shamrock-shaped puddings for dessert. The day ended with some karaoke of classic Irish pop music.







# Helping people live better lives

1 Explorer Road  
Dundee  
DD2 1EG

0300 123 2640

 @HillcrestScotland

 @HillcrestScot

[hillcrest.org.uk/futures](https://hillcrest.org.uk/futures)

Company Registration SC248340  
Registered Scottish Charity SC034261



**Hillcrest**  
Futures